

Guidelines for Discerning God's Will in a Decision-Making Process *(Based on the work of Ignatius of Loyola)*

1. Describe the decision you are making in a question that can be answered "yes" or "no". (e.g. Should I buy the house?)
2. Seek to be neutral about the answer. (This is called "Spiritual Indifference.")
3. Pray that God will direct you to make the choice that brings God glory and serves God's purpose.
4. List the advantages or benefits to saying "yes" to the decision. Then consider the disadvantages or dangers to saying "yes." List the advantages or benefits to saying "no" to the decision. Then determine the disadvantages of dangers to saying "no." (This process can be done on a piece of paper folded into fourths.)
5. After looking at all the considerations, does your reason lead you naturally to a particular choice?
6. After you make a decision, ask God to confirm the discernment through inner peace and freedom.

If there is not a clear answer about God's will at this point, move to these further steps:

7. Imagine someone else facing the same choice. Assume that they also want to serve God with their decision—what would you say to them so that they would make the choice that brings God glory? Take your own advice.
8. Imagine yourself at your end of your life. As you face death, which value will you wish you had served in the decision you are making?
9. Once you have made a decision, pray to God for confirmation of this discernment through a feeling of inner peace and freedom as you "sit" with this choice.
10. Talk to others about your decision to see if there is a confirmation of the community in your discernment.

